

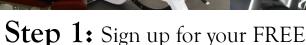
## Starting Strong





A <u>FREE</u> program brought to you by the Mansfield Community Center.





Fitness Sessions when you join to start your membership strong! You will get an introduction to the equipment and speak one-on-one with a Fitness Assistant about your goals at the MCC, go through a sample workout and fill out a Fitness Questionnaire. Earn one FREE fitness class drop-in at the end of your session!



Anytime you have any questions about our equipment you can ask a fitness attendant.

No Appointment Necessary!

Step 2: After your first Fitness Session make an appointment to meet with a Fitness Assistant to go over the results of your questionnaire. Review your goals and discuss and try a second sample workout. You can use this time to ask any questions about machines or exercises. Earn your second FREE class drop-in, 50 Centerpoints PLUS 10% off a package of three Personal Training visits at the end of your session!





















